



# Mental Health Foundation

OF NEW ZEALAND

*mauri tū, mauri ora*

[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)



# AMBROSE GOLF TOURNAMENT

15 APRIL 2016  
NAPIER GOLF CLUB  
WAIOHIKI

TEAMS OF FOUR  
\$400 PER TEAM

REGISTRATION  
10.45AM  
SHOT GUN START  
11.30AM

PRIZE GIVING &  
AUCTION AT  
CONCLUSION OF  
TOURNAMENT

The Mental Health Foundation covers the A-Z of mental health information and support. By supporting us, you will be helping the 1 in 5 Kiwis currently experiencing mental illness. Anyone and everyone can come to us when they want free information on how to look after their mental health or how and where to get help if they need it. Our highly skilled info-services team provides a free service to all of NZ, giving people and their loved ones the information they need about coping with mental illness and distress, and where they can go to for help. Our nationwide campaigns include Pink Shirt Day, where we encourage New Zealand schools to stand up, speak out, and prevent bullying. As the leading national organisation for mental health information, our resources cover everything from depression, providing mindfulness training for young children in low decile schools, to nationwide campaigns to help prevent suicide.

PLEASE CONTACT  
FOR REGISTRATION FORMS

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